

# THE CONCORD INSIDER

Dec. 10 - 16, 2019  
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**Winter  
Hikes**

Issue

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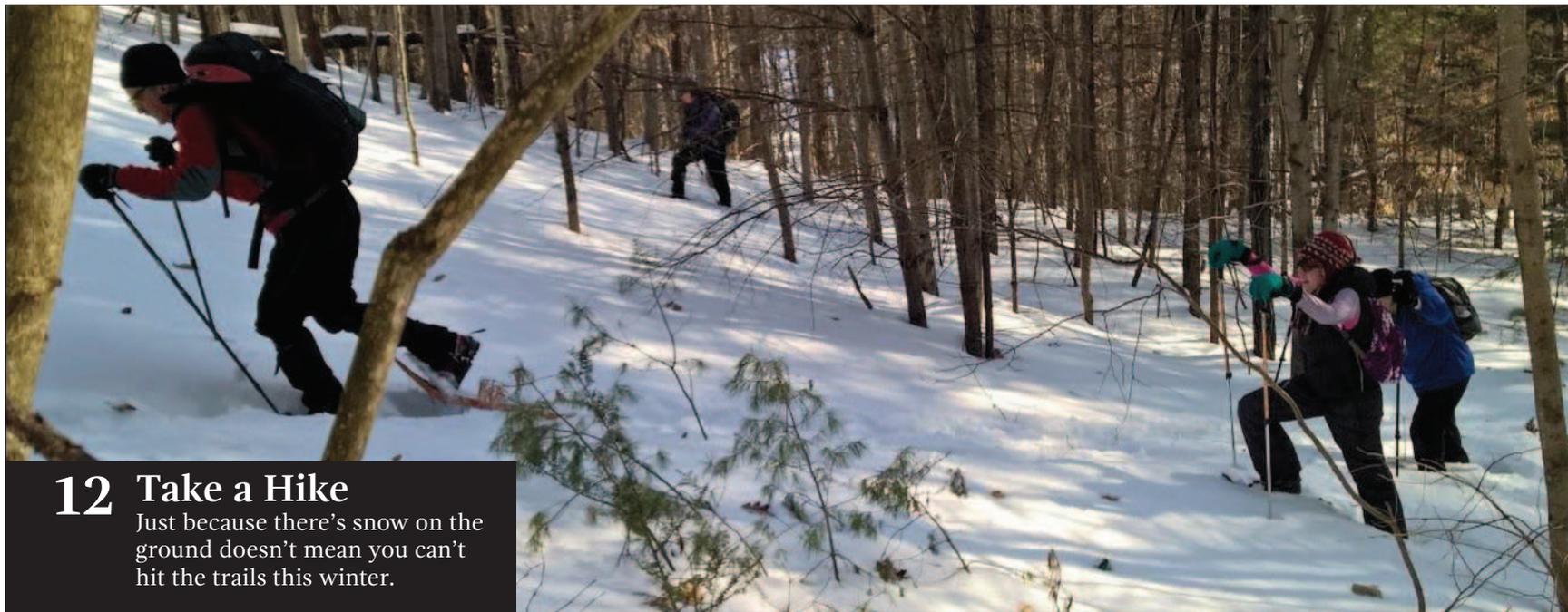
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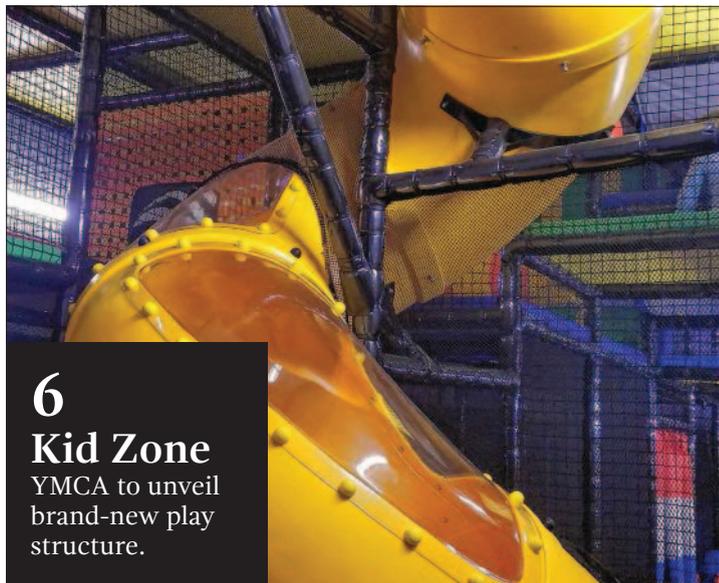
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**12 Take a Hike**  
Just because there's snow on the ground doesn't mean you can't hit the trails this winter.

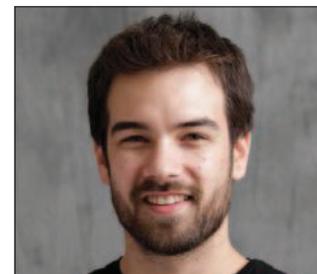


**6 Kid Zone**  
YMCA to unveil brand-new play structure.



**18 So Long**  
All good things come to an end, including this gig.

## STAFF PICK



### Group hike at Forest Society

In honor of the Winter Hikes issue, I figured I'd let you know about a group hike you can join this weekend. The Concord Trails Committee will hold a guided group hike Saturday at 10 a.m. at the Society for the Protection of New Hampshire Forests trails. Meet your guide, Gail, at the trail parking lot on Portsmouth Street ready for a 2-hour, 3-mile hike. Dress appropriately for the weather, especially with the footwear – those with improper footwear will be asked to stay behind. The hike is free and open to all. More info at [concordnh.gov](http://concordnh.gov). — **Jon Bodell**

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# Winter operations, construction updates, etc.

Plus, stay off the ponds at White Park and Beaver Meadow until it gets colder

The city manager's office sent out the City Manager's Newsletter last week. The full newsletter can be found by going to [concordnh.gov](http://concordnh.gov) and clicking the "Newsletter" button on the home page. Here are some highlights from last week's letter:

## Winter operations

The snow has arrived and the City of Concord has already issued three winter parking bans so far this season (as of last Friday). Sign up for winter parking ban email notifications at [concordnh.gov/notifyme](http://concordnh.gov/notifyme). Sign up for both Winter Storm Event Parking Bans and Winter Maintenance Parking Bans in order to be alerted for both citywide and downtown bans.

Winter parking bans require all vehicles to be removed from indicated streets between midnight and 7 a.m. for snow removal operations. Free parking is available in the city garages on weekends; observed holidays; and Monday through Friday from 7 p.m. to 8 a.m. for permit/leased spaces (marked with signage), and 7 p.m. to 9 a.m. for metered spaces.

Penacook residents may park at the Canal Street Municipal Parking Lot, at the corner of Village and Canal Streets, near Chief's Restaurant. Currently, this lot is posted for no overnight parking; however, the city's

Parking Division will suspend this regulation during citywide winter parking bans to accommodate Penacook residents. Residents should only park in the public spaces on the south side of the lot, along Canal Street, and should not block the construction gate into the adjacent Penacook Landing.

Concord General Services works as quickly and efficiently as possible to plow the 220 center line miles (440 lane miles) of streets and 90 miles of sidewalks throughout the city on a priority level basis. Plows require a lot of space on the road, which can make plowing difficult if cars are parked on the street, especially on narrow streets. Cars parked in tight areas or on narrow streets can actually block plows from fitting through the street. For more information about the city's winter operations, visit [concordnh.gov/winteroperations](http://concordnh.gov/winteroperations).

## Road construction updates

Liberty Utilities will be working at the following locations this week:

- Broadway (Pillsbury Street to West Street)
- Manchester Street (Black Hills Road to Garvins Falls Road)
- North State Street (Centre Street to Pleasant Street)
- Pleasant Street (Spring

Street to State Street)

There may be delays, one-lane traffic, possible road closures and encumbrances of parking spaces. Work will generally take place from 7 a.m. to 5 p.m. (Monday through Friday).

## Wreaths Across America

In honor of National Wreaths Across America Day on Saturday, the city will hold several wreath-laying ceremonies at the following locations and times:

- Blossom Hill Cemetery: 9 a.m.
- Old North Cemetery: 10 a.m.
- Old Fort Cemetery: 10 a.m.
- Horse Hill Cemetery: 10 a.m.
- Maple Grove Cemetery: noon
- Woodlawn Cemetery: noon

## Cross-country skiing, ice skating

The ice skating ponds at White Park and Beaver Meadow Golf Course are closed, as the ice is not safe to walk on. We do not open the

ponds until there are 5 inches of ice. Based on the warm weather forecast for early this week, it will likely be a couple of weeks before the ponds are open. Updates on pond conditions are posted on the Parks & Recreation Facebook page and the Parks & Recreation website.

The cross country ski trails at Beaver Meadow are not yet packed (driven over with a snowmobile); however, the Capitol Ski and Outing Club has packed some of the trails around White Farm. These trails are free to use.

## New White Park playground

The City of Concord and the Friends of White Park are happy to announce that Playground by Leathers has been chosen to work with the community to design a new playground for White Park. Playgrounds by Leathers is a national playground company that specializes in community build playgrounds, and designed and assisted the community in the building of the current playground 27 years ago.

The Parks & Recreation Department and the Friends of White Park will once again take a community approach to the design of the new playground. On Thursday, Playground by Leathers will conduct design sessions with students and adults to gather their visions of a dream playground. During the day on Thursday, Playground by Leathers will work with local elementary school students, and that evening there will be a community design meeting.

Although the final design and cost of the playground is still to be determined, the Friends of White Park have indicated to the city that they will help raise 50% of the cost of the project. The Friends of White Park will form a steering committee and a fundraising committee over the next several weeks. If you are interested in serving on one of the committees, please send an email to [friendsofwhitepark@gmail.com](mailto:friendsofwhitepark@gmail.com).

For more information, please visit [concordpark-sandrec.com](http://concordpark-sandrec.com).

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# Yoga gives you a toolbox for living in your body

Like shoveling snow, yoga is easy to start, even if the task ahead looks daunting

By MIKE MORRIS

For the Insider

I like a good snow shovel. I'm partial to the "ergonomic" ones, with the bent handle. There is some debate over whether they are actually better or not. That's why I also have a couple of straight snow shovels, an ice scraper and a good old-fashioned square steel shovel that the previous owner of the house left behind.

Each year the shovels make their way from our beat-up old shed to live next to the house for the winter. The old-fashioned square shovel has seen better days, and is retired now. The bent-handled snow shovel was working hard this past week. I was at the bottom of my driveway, tossing shovelfuls of our first winter storm aside, when one of my neighbors drove by. He pulled his pickup to a stop, rolled down the window, and said: "You know they have these things called snow plows that make that a lot easier." He had a plow on his pickup, and a big grin on his face. I don't know him too well, but he's a friendly guy and has offered to add us to his plowing route a few times. I told him I'd just bought a new snowblower, but liked to get a little shoveling in first. He thought that was pretty funny. "See ya down the road," he said, and he and his plow pulled away. I dug out around the mailbox, then headed up the hill to fire up the snowblower.

One of the things I like about shoveling – snow, dirt or anything, really – is that you can see your progress. Your physical actions have a direct and measurable result. It's instantaneous. It's also a little hard on your body, because it's unsupported forward bending



AP file

Shoveling snow is hard work, but as long as you have the tool – a shovel – you can do it.

**One of the things I like about shoveling – snow, dirt or anything, really – is that you can see your progress. Your physical actions have a direct and measurable result. It's instantaneous.**

with a twisting motion. The practice of yoga can help, because you keep the spine moving in all directions, and build the strength to do it properly. Building a yoga practice takes a little time, but it can keep you doing the things you love to do, for as long as you love to do them. I'm not sure if a yoga practice can help you enjoy winter more or not, but it can certainly help you stay pain-free when winter calls.

My wife and I spent our first weekend together during a snowstorm. We were at a friend's house, in Greenland, and got snowed in by almost 2 feet of snow. We shoveled our way out of that storm, and a few months later we bought our

first house. When we looked at this little place in Strafford for the first time, our real estate agent, Helen, said: "This driveway is gonna be a bear in the winter."

She was right. It's about 100 yards long, and uphill. Or downhill, depending on your point of view. I set to the task of purchasing the proper tools for every homeowner: a couple of ladders, some hand tools and a few good shovels. My wife, a more practical sort, suggested a chain saw, lawn mower and washing machine. We got those, too. That first winter, and for a few afterwards, we shoveled that driveway after every storm. It was hard

work, and time consuming. Every now and again, when we'd have one of those heavy, wet storms, I'd call my next-door neighbor, Steve, and he'd plow our driveway for 40 bucks. It was worth it, though we could do a much better job with our shovels than he could with his pickup and plow.

Yoga is like using a shovel. It's pretty easy to start, even if the job ahead of you might be a difficult one. You already have the tools you need to get the job done. You just have to get to using them. When you keep using them, you get better at it. You can measure your progress. Your muscles are leaner, stronger and more flexible. You move better, and your back, neck, knees and hips are less painful. Yoga gives you a toolbox for living in your body, and teaches you to use those tools well.

We got a snowblower after a few winters, a little Troy-Bilt that lasted almost

15 years. It struggled to make it up the driveway, so we twisted and torqued it. It was kind of like motorized shoveling. It wasn't designed to be used the way we used it, but it adapted. So did we.

Your body is like that, too. It will adapt. It will adapt to tolerate a back injury, or limited range of motion, or a sore knee. It's really remarkable, and also unnecessary. A yoga practice can teach you that you don't have to live in a painful body. A yoga practice can give you the energy to do what you like, when you like. A yoga practice can keep you using your shovels, even when you have a snowblower.

This year, the little Troy-Bilt died. It's motor mounts were rusted through. Rodents had done a number on its guts. It ran for about 2 minutes, and sputtered to a stop. It sits next to that old square-handled shovel. I got a bigger snowblower, with tracks, because I thought it would be easier. After this first storm, it certainly was. It chugged up the hill with ease, and it has hand warmers and power-assisted steering. Still, as we wrapped up our 2-hour clean-up, my wife and I agreed: whether it's with a plow truck or a snowblower, or an old-fashioned square-head shovel, our bodies are tools that need to be used. A little yoga in your day is a big tool for your life.

"Use it or lose it," as my grandfather used to say. He also said, when I'd frown or get frustrated: "You've got a good face. Don't screw it up!"

Keep on shoveling on, dear reader. You've got a good face!

(Mike Morris is the owner of Hot House NH Yoga & Pilates.)

# Do you love Hallmark movies? Well, why not?

As cheesy as these flicks are, science says they're actually good for your brain

**By CRYSTAL REYNOLDS**  
For the Insider

I watch Hallmark movies. I watch all of them. I watch them obsessively. Last week I watched one from 2015. Didn't care that I've seen it at least five other times. Still watched it until the end. I don't watch them for the Academy Award-winning acting, or the predictable and typically unrealistic plots. I watch them because they make me happy.

I have the Hallmark movies app downloaded on my phone. It is level 10 rewarding to be able to tap the box that says "watched" as I complete each one. I even DVR some, too. My entire family legitimately makes fun of me. Sometimes they will even leave the room if a Hallmark movie is on. But I am fearless in my pursuit to complete my checkmark for the new 24 movies out this season.

Is there a biological explanation for my love of all things Hallmark? For my OCD-like behavior around these movies? There has to be. According to Pamela Rutledge, behavioral scientist, director of the Media Psychology Research Center and Media Psychology faculty at Fielding Graduate University, the reliable Hallmark holiday movie plot formula takes us on an emotional journey that can be especially beneficial during the stress of the season — which keeps us coming back for more.

The truth is in every movie there is something that resonates with me. It might remind me of an experience I had during a Christmas in the past, maybe something I'd like to incorporate into my family's traditions or possibly something completely unrealistic yet ridiculously Christmasy and perfect. From the way they



Danica McKellar (left) and Dolly Parton in a scene from *Christmas at Dollywood*, playing on the Hallmark Channel.

seamlessly frost their sugar cookies in their ruffy aprons, to the way they decorate the outside of their homes in magazine-worthy lights, even their complete over-the-top Christmas floats they make in 13 minutes. I love all of it.

Before you decide to make fun of me too, I have some science to back up my Hallmark-crazed mission.

"The human brain loves patterns and the predictability is cognitively rewarding," Rutledge said. "Those predictable story arcs that draw on the standard patterns we recognize from fairytales offer comfort by presenting life as simple and moralistic." This allows us to have a brief reprieve from the hectic nature of the holiday season.

Wondering why everyone is willing to watch them despite their lack of special effects and dazzling storylines?

"The lack of reality at all levels, from plot to production, signals that the movies are meant to be escapism

entertainment," Rutledge said. "The genre is well-defined, and our expectations follow. This enables us to suspend disbelief."

Why do we or should we care about "suspended disbelief?"

"While few of us are going to switch places with a dopelgänger, save Christmas for ourselves or someone else, marry a prince/princess, fall for a person who turns out to be a billionaire or find true love in the span of an hour, (Hallmark movies) still allow us to experience the emotions associated with social validation, the yearning for connection, compassion and empathy," Rutledge said. "The movies provide simplistic solutions to all those stressors that the holidays can bring: family conflict, isolation or financial pressures."

Here's the bottom line — In the middle of trying to juggle a family, a business and a pseudo social life, it is next to impossible to have a break. Literally. Someone always

needs something. I am obsessed with the idea that I can come home and turn on a channel that has absolutely no stress. The characters are always nice, never cunning. They genuinely want to help and are kind (and flawlessly

coiffed). Why wouldn't I want that in the background while I am cooking or working on my computer? (Side note: Have you seen the news lately? It's horrible, sad and overall depressing. I prefer to read my news without all the bells and whistles of dramatic tones and voice inflections).

Whether you celebrate Christmas or not, these movies are filled with inspiration and positive messaging. Since they all have a happy ending, it gives me hope that everything will turn out okay.

If you seriously have never watched one, it's worth perusing the movie guide to see which movie might pull at your heart strings or the nostalgia of your childhood Christmases. I give my highest recommendations of watching these movies, as it improves your mood, lets your mind relax and sometimes well up with tears.

(Crystal Reynolds is an owner at 43 Degrees North Athletic Club.)

## INVESTING IN FAMILIES



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# YMCA to host grand opening of new Kid Zone

Former little-used squash court replaced with high-end climbing, play structure



JON BODELL / Insider staff

By JON BODELL

The Concord Family YMCA has some good news for kids (and adults who have kids) and bad news for squash players – the squash court has been turned into a play area for kids, and the grand opening ceremony is this Saturday.

After a steady decline in the use of the squash court, the Y decided it was time to make better use of the space. Meanwhile, there are many Y members who have kids, and many of the kids have plenty of their own energy to let out but aren't quite ready for bench presses yet. The solution? Kid Zone.

The Kid Zone is a state-of-the-art climbing and play structure, similar to an obstacle course, where kids can just run around, climb stuff, navigate a ropes maze, pretend to fly a helicopter and zip down slides, among other things. Those who grew up in the '90s might remember Discovery Zone, and this Kid Zone is essentially a scaled-down (but by no means worse) version of what DZ was. A more local comparison would be something like Crazy Kids, only this one is smaller (and,

since it's brand new, cleaner).

The structure was completed a week or two ago, but the Kid Zone has been available just for staff up to this point. On Saturday at 11 a.m., it opens to the world with a grand opening celebration. While the Kid Zone will be a benefit just for YMCA members, the grand opening party is open to anyone and doesn't cost anything. The event includes lunch, so while it will be free, RSVPs will be required by Friday so the Y can prepare enough food (call 228-9622 to RSVP).

Once it is officially open and running, it will be available to all YMCA members any time the Y is open, providing there are no events scheduled in there. There will be certain times each day where the Kid Zone will be staffed by two YMCA staffers. When the area is not staffed, an adult supervisor will be required to be in the room while the kids play.

All this means that parents can drop the kids off at the Kid Zone while they work out if it's staffed, or they can go in and watch their kids play if it isn't. Everybody wins.

The Kid Zone will also be available for rentals for birthday parties. The details are still being worked out, but the idea is to have groups spend an hour or so in a function room eating cake and pizza, and another hour or so playing in the Kid Zone. This option will also be for members only as a benefit to having a membership.

If this is the first time you've heard of a YMCA installing a kids' play center in a squash court, it likely won't be your last. There is a general trend among many YMCAs away from squash as the game slowly loses popularity. The Concord Family YMCA only had about six people who actively used the squash court, said Marketing Director Gina Brochu, so it was safe to say the space was being underutilized.

Other YMCAs and fitness centers may end up doing the same thing in the near future. The company that built the Kid Zone at the Concord Family YMCA actually specializes in building these structures to fit into squash courts, so anyone with a regulation size court can get the same play structure the Y just got.

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TOWN CRIER  
COLUMN IN THE

SUNDAY MONITOR  
concordmonitor.com

# Erika Mattson loves Italy, Hawaii, good food

The New York Life financial assistant is the Young Professional of the Month

The Greater Concord Chamber of Commerce's Concord Young Professionals Network introduces you to our "Young Professional of the Month," Erika Mattson. Each month the CYPN Steering Committee recommends a young professional in the community it thinks readers would enjoy getting to know better.

**How old are you?** 26.

**Where do you live?**

Manchester (but born and raised in Concord!).

**Where do you currently work?** New York Life.

**What's your favorite part of your work day?** Seeing the look on my clients' faces when they realize their financial goals are a lot more easily attainable than they had previously thought! It's amazing what you can do with your most important resource – time.

**Where did you go to school?** Paul College of Business and Economics at UNH Durham. Best four years of my life!

**What do you like to do for fun?** Enjoy New Hampshire! I'm a big snowboarder, love the ocean and the mountains, and we're spoiled with all of those things. I'm also what they call a "foodie," so I love trying new restaurants in all parts of the state.

**Favorite places to be?** Anywhere my family is. My sisters are both in California, so right now, California is where I'd love to be!

**How did you find out about CYPN and how has it benefited your business or you personally?** I found out



Courtesy of Greater Concord Chamber of Commerce

Erika Mattson of New York Life is the Young Professional of the Month.

about CYPN through Facebook. I went to my first event and realized how many friends I already had and could make in the organization, and I was instantly hooked. I haven't missed an event since!

**What organizations are you involved with?** I am involved with Women in Sales NH, NAIIFA (National Association of Insurance and Fi-

ancial Advisors), Best Buddies, StayWorkPlay, CYPN, MYPN and the Greater Concord Chamber of Commerce. I'm always looking for new volunteering opportunities and ways to get involved in the community!

**Who is your greatest role model?** My mom. No question. She is a strong, independent and successful realtor who has used her amazing personality and ability to build relationships to succeed in her business – all that I'd like to embody in my financial practice.

**What's your favorite restaurant in Concord?** O's. You can catch me there one to four times a week. It's an addiction.

**What's your favorite place to go in Concord?** This is a hard one, having grown up in Concord. As a kid, it was The Conservation Center (you used to be able to swim in the river there!). But now, I love sitting down-

town outside Bagel Works and basking in the sun. You really can't beat it.

**Favorite movie of all time?** *Shutter Island/P.S. I Love You*. You gotta hit both ends of the spectrum.

**What is one of your life goals?** I want to open my own store-front office in downtown Concord. Soon.

**What has been your favorite CYPN event so far?** Definitely the birthday party in October! Tina Marchand (Ellie and Piper Party Boutique) is amazing, and I really loved helping set up and create such a beautiful space through her eyes.

**If you could visit any country, where would you go?** Italy. I have Italian roots and would love to connect with my heritage (through food, mostly).

**Where is the best place you've visited?** Kauai, Hawaii. If you haven't

gone, go.

**Who would you really like to meet?** Tom Brady. Only to see my boyfriend's reaction.

**Tell us a few interesting facts about yourself!** I was born and raised in Concord and love my home! I left half of my heart on the seacoast after I moved back. I have an amazing cat, named Izzy, she has a mind of her own (as female cats usually do).

Mostly, I love working with people, building quality relationships and being able to give back to my community through my professional and personal services.

**About CYPN:** Concord Young Professionals Network is a professional and personal development initiative of the Greater Concord Chamber of Commerce that promotes the growth of Capital Region professionals in their 20s, 30s and 40s. CYPN and the Chamber are joining forces to raise donations for the Capital Region Food Program on Tuesday, Dec. 10 from 5:30-7 p.m. at Holiday Business After Hours hosted by The Duprey Companies at the Grappone Conference Center. Admission is complimentary with six non-perishable food items. More information and registration online at [ConcordNHChamber.com/CYPN](http://ConcordNHChamber.com/CYPN).



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## this week in concord history

**Dec. 10, 1991:** In Concord, Pat Buchanan announces that he will challenge President Bush in the New Hampshire Republican primary. America's Judeo-Christian heritage must be passed on to a new generation, Buchanan says, not "dumped on some landfill called multiculturalism."

**Dec. 10, 1991:** At St. Paul's School in Concord, Gov. Bill Clinton of Arkansas tells students that if he were the Democratic nominee for president, he would not stand still for attacks on his character. "Nobody's going to question my patriotism, my devotion to this country or my values without paying a price if I can extract it," he says.

**Dec. 10, 1993:** Barry

Stem's 967 acres on Concord's Broken Ground, proposed over the years as a site for a golf course, a luxury housing project, a hotel and conference center and an office park, are sold at a foreclosure auction for \$286,501.

**Dec. 10, 2001:** For the first time in the state's history, a group of Concord-area agencies is trying to cooperate on transportation, the *Monitor* reports. After nearly two years of talks, CAT and some members of the Community Providers Network of Central New Hampshire, a group of 23 human service agencies, are on the brink of pooling their assets.

**Dec. 11, 1989:** Two hundred people crowd into the

State House to protest a proposed takeover of PSNH by Northeast Utilities.

**Dec. 11, 2000:** An early-morning fire at the Royal Garden Apartments in Concord leaves 37 people homeless. The community will respond with offers of clothing, shelter, even Christmas gifts for the kids.

**Dec. 12, 1991:** Campaigning in Concord for her husband, Hillary Clinton tells a reporter how she and Bill Clinton have prepared their daughter Chelsea for the negativity of a presidential campaign: "We've told her to be ready for it. We try to take criticism - fair of unfair - seriously but not personally," Hillary Clinton says.

**Dec. 12, 1996:** Free agent pitcher Bob Tewksbury of Concord signs with the Minnesota Twins, his sixth major league team. The others: the Yankees, Cubs, Cardinals, Rangers and Padres.

**Dec. 12, 1999:** Concord residents aren't bashful about buying Christmas trees, the *Monitor* reports, even though the city has announced that when the holidays end, it won't be picking up trees with the regular garbage collection. "Last year, an ice storm froze all

the trees to the ground, and we were picking up trees until well into March," says Vanessa Ghiden of the city's General Services Department.

**Dec. 12, 2000:** About 100 Concord residents voice concerns about a retail development proposed for the city's South End. For two hours, the crowd fires off questions about traffic, the demolition of old buildings and the impact on the neighborhood's quality of life. In coming months, the proposal will be revised and then rejected by the city planning board.

**Dec. 12, 2002:** Concord city officials announce that they're entering into exclusive, six-month negotiations with a Portsmouth developer, Michael Simchik of One Hundred Market Group Ltd., to draw up plans for the Sears block site. A Concord builder - Tom Avalone's Cobb Hill Construction - will partner with Simchik for those conversations.

**Dec. 13, 1863:** Major Edward E. Sturtevant of Concord, a member of the Fifth New Hampshire Infantry and the state's first Civil War volunteer, is killed leading his regiment in a suicidal assault during the Battle of Fredericksburg. His body is not found. His

men assume it is one of many stripped and buried on the field.

**Dec. 13, 1999:** A move by the Clinton administration to permanently restrict new logging roads on federally owned forests, including the White Mountains, gets an icy reception at two hearings in Concord. Loggers, off-road vehicle enthusiasts and environmentalists all join in the criticism, fearing a reduction in local decision-making power.

**Dec. 14, 1955:** A train conductor uncoupling an engine from the freight train in Concord gets his foot caught between the rail and guard rail and is then run over by the train and crushed to death, the *Coos Republican* reports.

**Dec. 14, 1999:** For the first time in more than a decade, the Concord teachers union authorizes its leadership to call for a strike vote if a settlement on a new three-year contract is not reached within the week.

**Dec. 14, 2002:** Nearly 30 years after Patricia Immen worked as a bookmobile clerk for the Concord Public Library, she's appointed as the library's new director, the *Monitor* reports.

**Dec. 15, 1836:** The Legislature votes to accept an \$892,115 grant from Washington - but only after chiding the federal government for "degrading the states and reducing them to servile dependence." The money will be divvied up among the towns.

**Dec. 16, 1965:** A new state report shows public libraries in New Hampshire spend an average of \$2.32 per resident. Concord tops the list at \$4.06 per resident. Book readership is also up statewide, to 6.71 books per resident per year.

## A Christmas Comedy Spectacular

Thursday, December 12<sup>TH</sup> 7:30 pm

Tandy's Comedy Club Atrium

1 Eagle Square, Concord, NH



Mike Donovan



Tom Hayes



Ralphie Joyal

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science doesn't hibernate

# Discovery Center open for fun all winter long

Events include Member's Holiday Party on Tuesday, special workshop Thursday

The McAuliffe-Shepard Discovery Center is open to the public from 10:30 a.m. to 4 p.m. every Friday, Saturday and Sunday, plus the first Friday night of each month from 6:30 p.m. to 9:30 p.m. The Discovery Center will also be open for winter vacation from Dec. 26 through Jan. 5 from 10:30 a.m. to 4 p.m. (Closed on New Year's Day).

The December planetarium show lineup covers flight, humanity's first steps on the moon, the planets, stars, constellations, and solar science: Take Flight at 11 a.m., CapCom Go! at noon, Attack of the Space Pirates at 1 p.m., Tonight's Sky at 2 p.m. and Sunstruck at 3 p.m. every day the Discovery Center is open to the public.

On Tuesday, Dec. 10, the Discovery Center will open its doors for the Member's Holiday Party from 4 to 6:30 p.m. All the exhibits and galleries will be open for the evening and a special winter-themed planetarium show will be played. No holiday party is complete without hot cocoa and cookies! There will also be ornament painting and decorating, so the whole family can come. Not a member? Check out the Discovery Center's website (starhop.com) for more info.

On Thursday, a special homeschool workshop: Traveling with the Moon and Stars, explores how the Apollo program made the great leap to the moon, a challenge that incorporated communicating and navigating in a dynamic landscape. Email snappo@starhop.com to sign up in advance.

Make sure to stop by the Science Store during the holiday season to get your gift shopping done! The Sci-

ence Store is open every day the Discovery Center is open to the public and is filled with a wide variety of air and space-related toys, books, science kits, T-shirts, caps and memorabilia. All proceeds from sales support the Discovery Center.

The McAuliffe-Shepard Discovery Center features 21st-century interactive exhibits on aviation, astronomy, Earth and space science, a full-dome, all-digital planetarium and a variety of science, technology, and engineering and mathematics programs. The engaging, robust educational programs are geared towards families, teens, seniors, students, community groups and lifelong learners.

**Sarah Nappo**  
McAuliffe-Shepard  
Discovery Center



ELIZABETH FRANTZ / Monitor file

While wearing a replica of Alan Shepard's spacesuit, Jerrid Kenney helps 7-year-old Trase Boudreau of Beverly, Mass., use the OmniGlobe to look at the moon and different planets in the Looking at Earth, Looking Beyond exhibit at the McAuliffe-Shepard Discovery Center in 2014.

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**bookish event**

# Author Mitch Albom to speak at Cap Center

On Monday at 7 p.m. at the Capitol Center for the Arts, Northeast Delta Dental and Gibson's Bookstore present bestselling author Mitch Albom, with *Finding Chika*, his first work of nonfiction in more than 10 years! This poignant memoir celebrates

*Chika*, a young Haitian orphan whose short life would forever change the heart of a family.

Albom is a best-selling author, screenwriter, playwright and nationally syndicated columnist. The author of seven No. 1 *New York*

*Times* bestsellers, his books have collectively sold more than 40 million copies in 47 languages worldwide. *Tuesdays With Morrie*, which spent four straight years atop the *New York Times* list, is now the bestselling memoir of all time. Four of

Albom's books, including *Morrie*, *The Five People You Meet In Heaven*, *For One More Day* and *Have A Little Faith*, have been made into highly acclaimed TV movies.

This is a ticketed event. Tickets are available from the Capitol Center for the Arts (ccanh.com). Single tickets are \$34 (includes admission for one and one signed copy of *Finding*

*Chika*) and buddy tickets are \$43 (includes admission for two and one signed copy of *Finding Chika*).

A meet and greet book-signing line follows the event. Due to considerations of time, no books other than *Finding Chika* will be sold or signed by the author during this event, so please, no books from home.

**Gibson's Bookstore**

## Shop local at twigg's gallery



Our Last Week as we enjoy our own holidays

Support your local artists and artisans on Shop Small Saturday by shopping at Twigg's Gallery! In the gallery enjoy Sleighbell Studio, our annual holiday showcase of local art and craft. In the shop, we have calligraphy, cards, gifts and fun univities. Everything is affordably priced for holiday gift giving!

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Readings of *Petey the Porcupine Climbs Mt. Washington* by author Franklin Black at 11am, 12pm, and 1:30pm.



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# All kinds of stage shows to see this weekend

## Music

### Tuesday

- Paul Hubert at Hermanos at 6:30 p.m.
- Open mic at Tandy's at 7:30 p.m.

### Wednesday

- Eugene Durkee at Hermanos at 6:30 p.m.
- Tim Kierstead at Concord Craft Brewing Co. at 5:30 p.m.
- Irish Music After Work with David Levine at Area 23 at 5:30 p.m.
- Open mic at Area 23 at 7 p.m.

### Thursday

- Richard Gardzina at Hermanos at 6:30 p.m.
- Bach's Lunch Concert: "Come, the Feast is Ready! A Shaker Christmas" at Concord Community Music School at 12:10 p.m.
- Kimayo at Tandy's at 6 p.m.
- Justin Cohn at Cheers at 5 p.m.
- Cole Robbie Band at Penuche's at 9 p.m. \$3 cover.

### Friday

- Mac Holmes & Friends at True Brew Barista at 8 p.m.
- The Country Girl Vee at Area 23 at 8:30 p.m.
- Brick Yard Blues at Makris Lobster & Steak House at 7:30 p.m.

### Saturday

- Tim Kierstead at Downtown Concord Winter Farmers Market at 10 a.m.
- Matt Poirier at Hermanos at 7:30 p.m.
- Laurie Berkner Band at the Capitol Center for the Arts at 11 a.m. Tickets are \$35 to \$75 plus fees at ccanh.com.

■ Purging Sin, with Adherence and King's Petition at Bank of NH Stage at 8 p.m. Tickets are \$15 plus fees at ccanh.com.

■ Justin Cohn at Chen Yang Li in Bow at 8 p.m.

■ These Trees at Penuche's at 9 p.m. \$3 cover.

■ Stray Dog at Pit Road Lounge at 8 p.m.

■ Saturday Jam with Lily Beer at Area 23 at 2 p.m.

■ Nate Cozzolino at Area 23 at 6 p.m.

■ Songwriter Circle at Area 23 at 8 p.m.

### Sunday

- Eric Chase at Hermanos at 6:30 p.m.
- Holiday Folk Concert - Susie Burke, David Surette and Kent Allyn at Concord Community Music School at 7 p.m. Tickets are \$12 to \$15 at ccmusicschool.org.
- Open mic at Penuche's at 9 p.m.

### Monday

- Paul Bourgelais at Hermanos at 6:30 p.m.

### Next Tuesday

- Kid Pinky at Hermanos at 6:30 p.m.

## Theater/Comedy

■ The Buzz Christmas Ball at the Capitol Center for the Arts on Thursday at 7 p.m. Tickets are \$35 to \$45 plus fees at ccanh.com.

■ Comedians Mike Donovan, Tom Hayes and Ralph Joyal at the Eagle Square Atrium on Thursday at 7:30 p.m. Dinner also available. Tickets are \$25 for dinner and show or \$15 for the show only at Eventbrite.

■ Jersey Boys at the Capitol Center for the Arts on Friday at 8 p.m. Tickets

are \$45 to \$110 plus fees at ccanh.com.

■ Lewis Black: The Joke's On US Tour at the Capitol Center for the Arts on Saturday at 8 p.m. Tickets are \$25 to \$75 plus fees.

■ Mitch Albom presents Finding Chika at the Capitol Center for the Arts on Monday at 7 p.m. Tickets are \$34 to \$43 plus fees at ccanh.com.

■ TGR: Winterland at Bank of NH Stage on Friday at 8 p.m. Tickets are \$15 to \$25 plus fees at ccanh.com.

■ The Met Live in HD: The Magic Flute at Bank of NH Stage on Saturday at 12:55 p.m. Tickets are \$15 plus fees at ccanh.com.

■ National Theatre Live in HD: Present Laughter at Bank of NH Stage on Sunday at 12:55 p.m. Tickets are \$12 to \$15 plus fees at ccanh.com.

■ Turning Pointe Center of Dance presents The

Nutcracker Ballet at Concord City Auditorium on Saturday at 2 p.m. Tickets are \$18 at turningpointe-centerofdance.com or \$20 at the door.

■ Friends of the Audi Holiday Party at Concord City Auditorium on Sunday at 6 p.m.

■ Discovering Magic at Hatbox Theatre on Wednesday at 7:30 p.m. Tickets are \$12 to \$18 at hatboxnh.com.

■ Dickens' A Christmas Carol at Hatbox Theatre on Thursday, Friday and Saturday at 7:30 p.m. and Sunday at 2 p.m. Tickets are \$12 to \$18 at hatboxnh.com.

Tuesday: 2, 5:30, 8:05  
Wednesday: 2, 5:30, 8:05  
Thursday: 2, 5:30, 8:05

**Harriet** (PG-13/2019/125 min.)

Tuesday: 2:05, 5:25  
Wednesday: 2:05, 5:25  
Thursday: 2:05

**Jojo Rabbit** (PG-13/2019/108 min.)

Tuesday: 8  
Wednesday: 8

**Fantastic Fungi** (NR/2019/80 min.)

Tuesday: 2:10, 5:35, 7:15  
Wednesday: 2:10, 5:35, 7:15  
Thursday: 2:10, 5:35, 7:15

**Witness For The Prosecution** (NR/1957/116 min.)

Thursday: 6

All movie times are p.m.

## Movies at Red River

**Parasite** (R/2019/132 min.)

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go outside

# Concord is a hiker's dream, even in winter

Don't let a little snow or a chill in the air keep you indoors for the next 5 months

White Farm tends to be a busy spot for cross-country skiing. You can also try Beaver Meadow Golf Course or Memorial Field if you're looking for some change of scenery. If you don't have cross-country skis, you can simply go to Carter Hill Orchard and rent some gear.

Insider file



By JON BODELL

With the arrival of the first "real" snow of the season, winter is unofficially in full swing. It's dark by 4 p.m., daily high temps hover around the 20s and 30s, ice is on the pavement and snow is everywhere.

Not exactly appealing.

However, we're lucky enough to live in a city that knows full well that this will come every year. In Concord, you don't have to go into hibernation mode as soon as the first big snow comes. In fact, you should do the opposite and get out there and enjoy the season so many New Englanders take pride in battling through.

The city is a hiker's paradise, even in the dead of winter. With 31 walking/hiking trails, there is no shortage of places to get outside and enjoy the quietest season of the year. While you may have checked out some of these trails in the spring and summer, they're still out there and available for winter hiking.

One important thing to take note of: It's hunting season. City of Concord

Conservation lands are managed as multi-use land, which means hunting is allowed on most properties, including many of the trails. While most experienced hunters avoid popular trails, it's still wise to be aware of your surroundings when you're out there, and to plan and check ahead. The city's website, [concordnh.gov](http://concordnh.gov), has detailed information regarding hiking during hunting season. Make sure you check that out before you venture out, especially if you're going to any of the trails for the first time.

Some trails are off-limits to hunters: Contoocook River Park, Spears Park, Winant Park, Silk Farm Audubon Center & Wildlife Sanctuary Trails, Swope Park Trail (not including the Carter Hill and West End Forest Trail connector trails) and the Swope-to-Winant connector trail.

How you choose to make the best of your winter recreation in Concord is up to you, and there are plenty of options. If you're hardcore, you can just go out there with boots and power through the deep snow. If this is what you choose to do, make sure you're thor-

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oughly prepared – hat, gloves, warm socks, a pole or two – so you don't end up in a bad situation.

If you're a little old-school, or you just want to try something a little different, you can also snowshoe. Beaver Meadow Golf Course and Memorial Field both have dedicated snowshoe trails, which are good for beginners who want to get a feel for their snowshoes. Of course, if you're not a beginner, you can take your snowshoes out on any of the trails in the city and cover some serious snowy ground.

If you're more athletically inclined, or just looking for a different kind of challenge, you can also cross-country ski all over this city. Beaver Meadow and Memorial Field also have dedicated cross-country ski trails, which are groomed and generally pretty well-kept, but there are plenty of other places you can partake in the activity – White Farm is a



Monitor file

Snowshoeing is a fun activity for the whole family, and there are plenty of places in Concord where you can try it.

popular destination.

For those who don't even have cross-country skis, there's an answer for that, too. Carter Hill Orchard, famous for its apples, cider and apple cider donuts, is also a cross-country skiing hub. Inside the farmstand all through the winter, dozens of skis, boots and poles are available for rent. This resource relies on the honor system – grab what

you need and leave a few bucks (people tend to leave \$5 or \$10 per set) in the box. You can then take your gear anywhere in the city, as long as you bring everything back in a timely manner and with everything in the same condition as when you took it. Carter Hill even has cross-country trails right there on the property, though you'll want to check

whether they will be used for high school cross-country skiing if you plan on trying to ski there.

If all of this winter recreation is new to you, it's understandable if you're a little nervous or shy about going and checking out some trails by yourself in a foot of snow. It can be pretty intimidating being out in the woods alone, surrounded by snow and ice, if you've never done it before.

Fortunately, you don't have to do this alone.

This Saturday, the Concord Trails Committee will host a group hike at the Society for the Protection of New Hampshire Forests Trails (off Portsmouth Street) beginning at 10 a.m. You'll park in the Portsmouth Street lot and meet your guide some time before 10 a.m., then head out for a 2- to 3-mile hike – plan for about an hour and a half to two hours of hiking.

One very important note on this is to bring appropriate footwear. Work boots

alone might not be good enough if it's extra slick out there. You may want to pack a set of ice cleats or spikes, just in case. If the guide doesn't feel you have proper footwear for the conditions, you may be asked to sit out. So don't be "that guy" or "that girl" who has to stay behind because you showed up in Vans.

Looking ahead a month or so, there will be another guided group hike on Jan. 25 at the Audubon trails and the West End Farm Trail. More info on that will be coming in the future.

The city's website is an excellent resource for all types of winter recreation. You'll find all the information from this story, plus much, much more on the city's site, including maps of every trail, hunting info, notices of trail closures, photos and contact information for members of the trails committee. The direct link for the trails page on the city website is [concordnh.gov/1033/Hiking-Trails](http://concordnh.gov/1033/Hiking-Trails).

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Merry Christmas and Happy Holidays!

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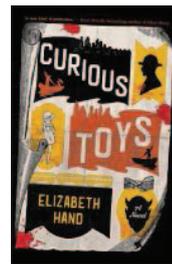


## book of the week

### Curious Toys

Elizabeth Hand  
2019, 336 pages  
Fiction

In 1915, Pin, the daughter of an Italian fortune-teller at Chicago's Riverview



Amusement Park, disguises herself as a boy to make a living as an errand-runner. She's haunted by her sister's

recent murder and desperate to save money before she and her mother lose their employment at the end of the summer. Unbeknownst to Pin, a serial killer is haunting the rides of Riverview, waiting for his next victim. When Pin wit-

nesses his newest murder she must join forces with Henry Darger, a troubled artist, to unmask a killer.

Reminiscent of *The Alienist* and *The Devil in the White City*, *Curious Toys* is an immersive thrilling exploration of Chicago in the 1900s. Elements like the inclusion of Henry Darger (a mixed-media Chicagoan artist who possibly suffered from mental illness) and the depiction of Chicago's thriving movie production scene add to the rich level of detail, but Hand never loses sight of the plot and characters at the heart of this thriller. Pin is a courageous heroine trying to find her way in a heartless world. Highly recommended.

**Nora Cascadden**  
Concord Public Library

Visit CPL at [concordpubliclibrary.net](http://concordpubliclibrary.net).

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CONCORD  MONITOR



instagram

# Nothing cozier than a beer and some tunes



How cozy does this look? That's Dwayne Haggins playing an acoustic set at Concord Craft Brewing on a recent Wednesday evening. If you missed out on Haggins's show, Tim Kierstead plays this Wednesday at 5:30 p.m.

Instagram user @nhmusiccollective

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**Daily Sun**



# Two holiday events to benefit community

43 Degrees North to host Holiday Market, Grappone Center to host free meal

There are two holiday-themed events coming up soon that will help several areas and subsets of the community, and both are being hosted by Steve Duprey-owned properties.

First, 43 Degrees North Athletic Club will host its second annual Holiday Market on Thursday where local vendors will be set up around the facility and people can shop, work out,

sip some wine and get their gifts wrapped for free. As an added bonus, anyone can work out for free during the hours of the market, even if you're not a member of the club.

From 4-7 p.m., shop businesses such as Beadorable Designs, 31 Bags, Hashtag Art Studio, Arbonne,

Blossom & Bleu, The Shed, New Moon Henna, Local Basket, Concord Craft Brewing Co., Lilise Designer Resale and Joanna Puza Jewelry, all under one roof. Enjoy some shopping, a workout (if you want) and free gift wrapping.

Then, the 11th annual free Christmas Community

Dinner, hosted by Duprey Companies and the Grappone Conference Center, will be held at the conference center on Christmas Eve from 11 a.m. to 1 p.m.

This longtime tradition is intended to bring together neighbors without homes or anyone wanting to share Christmas in community and help make all feel at home.

"The Concord Holiday Dinner is a community-wide event that brings volunteers together to provide a wonderful need for those in the Concord area who are alone this holiday season or perhaps would not otherwise have a holiday meal," Duprey said. "There is no charge for this meal, and all are welcome."

Not everybody is fortunate enough to enjoy this holiday with friends and family, and that's why Duprey began hosting the community dinner 11 years ago. The dinner has consistently brought in hundreds of people who don't necessarily have anywhere else to go. Duprey and about 50 volunteers spread a little holiday spirit each year in the form of some delicious food and a warm and welcoming place to go for a couple of hours.

The dinner is organized by the Courtyard by Marriott and Grappone Conference Center with assistance from the volunteers and donations from area businesses. This year, sponsors include: Krebs Farm, Granite State Greens, Cisco, Coca-Cola, General Linen and Miles Smith Farm.

While volunteering is always important and much appreciated, all of the volunteer positions for this event have already been filled.

For more information, contact the Grappone Conference Center at 225-0303.

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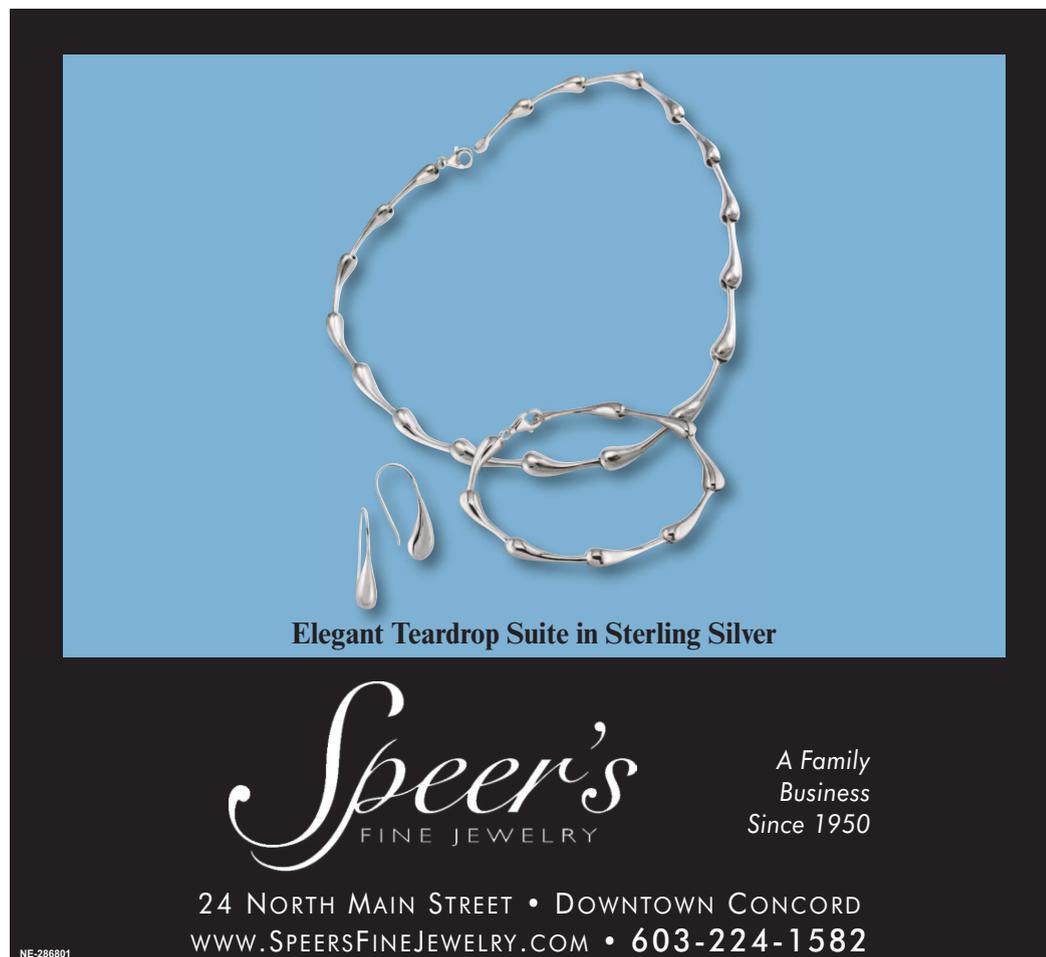
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# Public forums, free concerts, stamp meeting

## Toastmasters host speaking forum

Concord Toastmasters and Karner Blue Toastmasters welcomes you to a Public Speaking Forum on Tuesday, Dec. 10 from 5:30-7:30 p.m. at New Hampshire Fish & Game at 11 Hazen Drive in Concord.

This open house will be an evening of engaging speakers, and introduction to the Toastmasters Public Speaking & Leadership program. It will showcase the organization that stars in Animal Planet's *North Woods Law* – New Hampshire Fish & Game. Keynote speaker Col. Kevin Jordan will speak about the daily work of Fish & Game's finest. The program will be informal but include many of the elements of a regular toastmasters meeting: impromptu speaking, timed speeches – including the Down East humor of David Hill – and tips on how to organize a speech, effectively move an audience, and think on your feet.

The public is invited to join the fun! This event will be hosted by Concord area Toastmasters and NH Fish & Game. All of this is done in a warm and supportive environment committed to helping you expand your speaking and leadership skills.

Toastmasters is where distinguished leaders are made!

For more information, contact Grace Cohen at [gcohen@anthorne.com](mailto:gcohen@anthorne.com).

*Grace Cohen*

## Chamber offers Connected Crisis

The Greater Concord Chamber of Commerce invites members and the public to a luncheon forum that focuses on the relationships between Greater Concord's substance misuse crisis, homelessness, mental health and public safety.

Panelists include Peter Evers, Riverbend Community Mental Health; Ellen Groh, Concord Coalition to End Homelessness; Dr. Carolyn Kerrigan, Dartmouth-Hitchcock; Chief Bradley Osgood, Concord Police Department; and Jeffrey Stewart, Concord's Project FIRST director.

The forum will be held Thursday at 11:30 a.m. at Holiday Inn, 172 N. Main St. Please RSVP to Greater Concord Chamber of Commerce Events and Marketing Coordinator Emily Marsh at [events@concordnhchamber.com](mailto:events@concordnhchamber.com) or 224-2508. The cost is \$25 for members, \$35 for non-members.

*Emily Marsh*

## NHGMCC to perform holiday concert

Don't miss the New Hampshire Gay Men's Chorus perform during their annual holiday concert series, "Amid the Winter's Snow." Bring your family and friends to hear the chorus sing your favorite holiday songs in beautiful four-part harmony with fun surprises from the stage.

The show is Saturday at 7:30 p.m. at Wesley United Methodist Church, 79 Clinton St. Ticket prices are \$22 (ages 13 through 64), \$17 (ages 65+ and veterans) and free (ages 12 and under), and can be purchased at the venue door or in advance at [nhgmc.com/tickets](http://nhgmc.com/tickets).

When you purchase tickets online, you pick them up at the door of your concert; they are not mailed to you. Your tickets will be waiting for you, under your name, at the tickets table in the lobby of the concert venue.

Call 263-4333 or visit [nhgmc.com](http://nhgmc.com) for more information.

*Rob Marino*

## Jazz Sanctuary this Sunday

This Sunday at 1 p.m. Jazz Sanctuary – First Church/Third Sunday will explore "Incarnation Implications – The Jazz of God with Us," at Concord's First Congregational Church (177 N. Main St.). What it might mean if we took seriously that God was living with and among us will not only be discussed but played out musically by vocalist and pastor Emilia Halstead; The Wild-Vine Jazz Sanctuary House Band of Jock Irvine, Ed Raczka and Tim Wildman; and the a capella singing group, "The Koke Klassics." Admission is free, with the jazz set beginning at 1 p.m. and the Jazz Worship Experience following at 1:30. All are welcome "wherever you are on life's journey."

*Tim Wildman*

## Mr. Aaron releases children's book

We are so excited to announce the release of *All My Friends Are Giants*, a brand new, bright and beautiful picture book based on the Mr. Aaron song, and designed by Lindy Borden.

Order your copy at [mraaronmusic.com/buy-book](http://mraaronmusic.com/buy-book) in time for the holidays, or pick it up at Rattlebox Studios. The book is \$15.99 plus \$5 shipping if you order online.

*Aaron Jones*

## Stamp collectors to meet next week

The Merrimack County Stamp Collectors will hold its monthly meeting at the Bow Mills United Methodist Church, 505 South St., Bow, next Tuesday, Dec. 17, beginning at 1 p.m. We invite all who are interested in stamp collecting to attend, share their interest, buy, sell and trade. Meet other collectors and learn more about their hobby and enjoy the fellowship of others with varied in-

terests in Philatelic resources and issues. Gain new insight and knowledge, sharing news articles and stories about stamp collecting. For more information, call Dan Day at 228-1154.

*Dan Day*

## Concord Hospital nurse wins award

Concord Hospital nursing supervisor and Intensive Care Unit nurse Carolyn Peterson-Henry has received the DAISY Award, which recognizes excellence in nursing.

"I was extremely shocked," said Peterson-Henry, who was nominated by the grateful widow of a patient she helped care for last spring.

The award is presented to nurses around the world who are nominated by patients, patients' families or hospital colleagues. In a letter to Concord Hospital, Crystal Proulx of Bow said Peterson-Henry was "like an earth angel" caring for her husband, Ron, and his family.

"All day long, she treated Ron with respect and dignity," Proulx wrote. "She showed such great compassion for a dying person at the end of his life. She really took care of everyone that was present during Ron's final hours."

Peterson-Henry has been a nurse for 14 years, and at Concord Hospital for 11, starting in the ICU and now working there as a per diem nurse in addition to her nursing supervisor/educator duties. She received a DAISY certificate, a pin and a statuette representing the bond between nurses and patients.

The DAISY Award was established in 1999 by Mark and Bonnie Barnes after their son, Patrick, died in Seattle from complications from an auto-immune disease. The couple was touched by the care and compassion of Patrick's nurses and created a

foundation to recognize the "super-human work nurses do for patients and families every day."

*Jennifer Dearborn*

## New Year's Noon coming up soon

Presidential Oaks Retirement Living is once again holding its popular New Years Noon celebration on Dec. 31 and seniors are invited to enjoy this early kick-off to 2020!

Guests will enjoy a full dinner menu, featuring French onion beef melt with Swiss cheese and caramelized onions with red bliss mashed potatoes, green beans and a slice of decadent New York cheesecake for dessert. There will be a sparkling toast to the New Year during the meal and plenty of party favors to enjoy.

Cost for the New Years Noon party is \$12 per person or \$20 per couple. Reservations are now open and can be made by calling Kris at 724-6111. The event flyer is also listed at Presidential Oaks's website, [presidentialoaks.org](http://presidentialoaks.org).

*Krista Marrs*

## NHFCU raises \$800 for Make-A-Wish

New Hampshire Federal Credit Union members and staff raised just over \$800 for Make-A-Wish New Hampshire during a Thanksgiving basket raffle and the Annual Bake Sale & Member Appreciation day. Staff in Concord and Lee baked tasty desserts for the Annual Bake Sale and accepted donations from members just before Thanksgiving. Members always enjoy this "sweet" treat of a day and they showed their appreciation by helping make a difference to raise dollars which in turn help grant wishes. All proceeds went to Make-A-Wish New Hampshire.

*NHFCU*

so long

# It's been real, readers, but I have to go now

After five fun-filled years, the time has come to end this chapter and start another

By JON BODELL

The rumors are sad, but true – this will be my final *Insider* issue.

After about five years of getting to know the ins and outs of the Concord community and relaying important, even vital information such as the best beers around, where bands are playing and how to navigate the world's longest mini-golf hole, I'm ending my career in community journalism. It won't be easy to leave, though.

In my time with the *Insider*, I've seen, heard, eaten, drank and done more than I ever could have imagined. From that very first issue I worked on in August of 2015 until this one you're reading, I've covered a lot of ground and gotten myself into some serious fun.

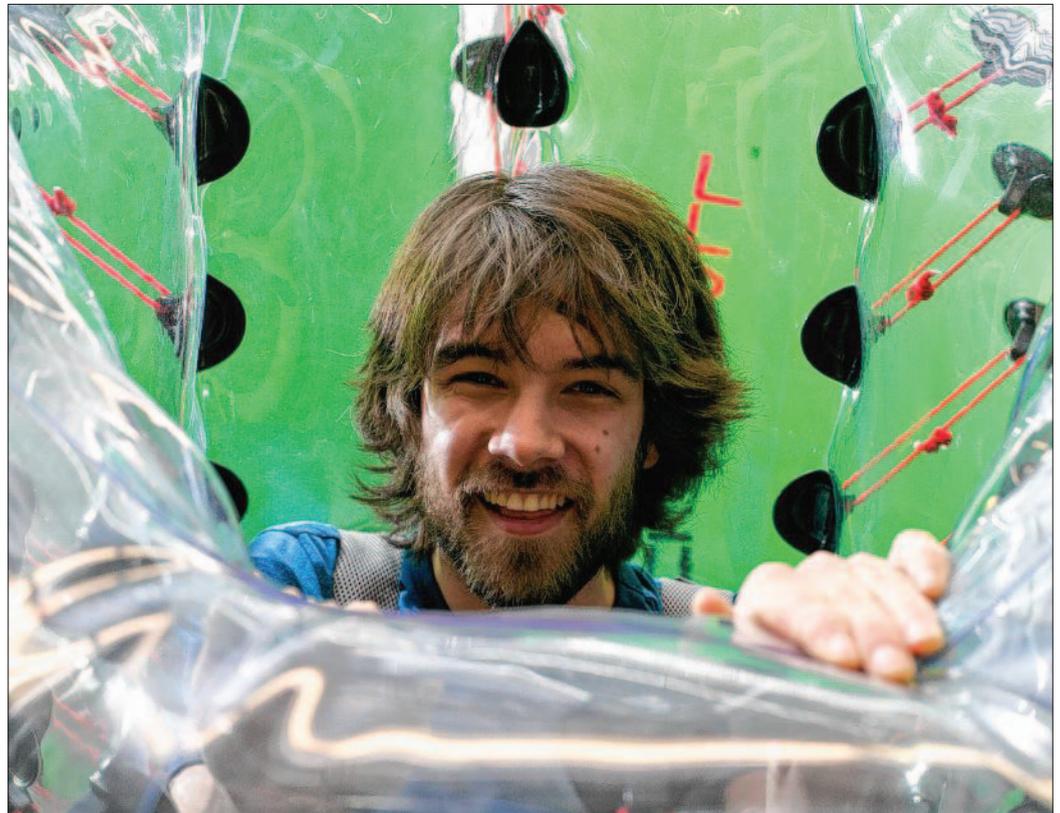
That first issue, back in August 2015, was also the first issue the *Insider* incorporated the town of Bow. My former colleague, Tim Goodwin, and I went into the town to do a little exploring. While there wasn't much there, we did find the town gazebo, the Baker Free Library, Santa's Place and Guns-N-Rocks, so that was

cool.

As time went on, the *Insider* started, for the first time ever, branching out beyond the city of Concord and into surrounding towns and communities that were previously uncharted territory for the paper. We visited Henniker (the only one on earth), Hooksett, Penacook, Boscawen, Canterbury, Chichester, the Lakes Region, the Lake Sunapee region, Tilton, Northfield and Loudon. Hopefully those Field Trip issues were as fun to read as they were to create.

One of the major perks of writing for the *Insider* is getting to experience all kinds of cool things most jobs would never allow, let alone encourage.

During the Hooksett trip, for example, I got to drive a Polaris Slingshot, courtesy of HK Powersports. The roofless, three-wheeled sports vehicle was one of most fun things I had ever driven. In Loudon, I got to take part in the Media Racing Challenge at New Hampshire Motor Speedway, where I got to drive a Nascar-type race car around the track as fast as I could. On a trip to the Lakes



GEOFF FORESTER / Insider file

Ah, one of the finer memories – this is from when I got to check out VI Party Rentals Entertainment Center at Steeplegate Mall in 2016 and bounce around in one of these KnockerBalls with my then-colleague Tim Goodwin.

Region, I stopped at Gunstock Mountain Resort in the middle of the summer and got to try a mountain coaster and jump off a high platform into a big foam pad. In Chichester, I got to tackle the famous mini-golf course at Chuckster's and try some elk jerky from the Healthy Buffalo. In Sunapee, I got to board the M.V. Mount Sunapee II and cruise around the lake for a few leisurely hours.

All in all, there haven't been too many bad days of working the *Insider* beat.

As fun as all those trips to other communities were, the job has always been about the Concord community. Since I started at the *Insider* I've seen the complete makeover of downtown Concord, the opening of not one but two top-notch breweries, the addition of multiple live-perfor-

mance venues in Hatbox Theatre and the Bank of New Hampshire Stage, the opening of several new eateries including Revival Kitchen, Whiskey & Wine, Red Arrow Diner, The Post, Tucker's, Federals Café and probably many more I can't think of.

During my time here I've also met some incredible people with great talents and a wealth of information to share. What I've come to realize is that Concord is a special place with a vibrant community of artists, business leaders, volunteers, public servants, crafters, cooks, entertainers and educators, and everything in between. I've encountered very little resistance over the years, whether I was walking up to random people on the street asking them about their favorite Halloween costume from

childhood or interviewing the city manager about the multimillion-dollar downtown makeover project. No matter the inquiry, I always seemed to have good luck finding what I was looking for.

While it's sad for me to be leaving a job I have loved so much, I know the *Insider* will be in good hands after I'm gone. There won't be a single person replacing me, but rather a team of dedicated, hard-working editors and reporters who are excited to dive into the *Insider* world. I hope you'll all make them feel right at home.

Going forward, feel free to contact the *Insider* by email at [news@theconcordinsider.com](mailto:news@theconcordinsider.com) or call the Monitor newsroom at 224-5301, ext. 670.

It's been a great ride, *Insider* readers. Maybe I'll see you around town some time.

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Zero Down lease **\$347/mo.** for 36 mos

Save at least **\$4,592** off MSRP  
Sale Price **\$31,843**

## NEW 2020 TOYOTA TACOMA SR Access Cab 4x4



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Lease for **\$99/mo.** for 24 mos  
Zero Down lease **\$357/mo.** for 36 mos

Save at least **\$1,647** off MSRP  
Sale Price **\$26,818**

## NEW 2020 TOYOTA TUNDRA SR Double Cab 4x4 4.6L V8



Stk# LJT037

VISIT IRWINZONE.COM TO UNLOCK SAVINGS

Lease for **\$169/mo.** for 24 mos  
Zero Down lease **\$432/mo.** for 36 mos

Save at least **\$4,242** off MSRP  
Sale Price **\$33,853**

Low lease: 24 mos, 10,000 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & (Corolla- \$4,823, Rav4- \$5,973 Tacoma- \$5,753, Camry- \$5,753, Highlander- \$5,823, Tundra- \$5,853) cash or trade equity due at signing. \$0 security deposit due. Subject to credit approval. Zero Down lease 36 Mos, 10,000 miles per year, with \$0 due at delivery, \$0 security deposit with approved credit. \$626 dealer fee is not included in sale price. No sales tax for NH residents. 0% financing subject to credit approval (72 payments of \$13.88 for every \$1,000 borrowed). All manufacturers rebates to dealer. Manufacturers programs subject to change without notice. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. Special financing may affect selling price. TFS Financing required. Expires 12-31-2019

## NEW 2019 FORD ESCAPE SE 4x4



Stk# KFT1275

Lease for **\$68/mo.** for 24 mos  
Zero Down lease **\$239/mo.** for 36 mos

Save at least **\$9,966** off MSRP  
Sale Price **\$20,424**

## NEW 2019 FORD RANGER XLT 4x4



Stk# KFT1454

Lease for **\$88/mo.** for 24 mos  
Zero Down lease **\$269/mo.** for 36 mos

Save at least **\$10,836** off MSRP  
Sale Price **\$22,974**

## NEW 2019 FORD F150 Super Cab 4x4 XLT



Stk# KFT1326

Lease for **\$99/mo.** for 24 mos  
Zero Down lease **\$379/mo.** for 36 mos

Save at least **\$18,861** off MSRP  
Sale Price **\$37,349**

## NEW 2020 HYUNDAI KONA SEL AWD



Stk# LLHT232

Lease for **\$83/mo.** for 36 mos  
Zero Down lease **\$288/mo.** for 36 mos

Save at least **\$2,417** off MSRP  
Sale Price **\$22,398**

## NEW 2019 HYUNDAI TUCSON SEL AWD



Stk# KHT091

Lease for **\$104/mo.** for 36 mos  
Zero Down lease **\$262/mo.** for 36 mos

Save at least **\$7,177** off MSRP  
Sale Price **\$21,498**

## NEW 2020 HYUNDAI SANTA FE SE AWD



Stk# LHT105

Lease for **\$123/mo.** for 36 mos  
Zero Down lease **\$328/mo.** for 36 mos

Save at least **\$2,237** off MSRP  
Sale Price **\$26,913**

Low lease: 24 months, 10,500 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & (Escape- \$2,728, F150-5,428, Ranger- 2,828) due at signing. Zero Down Lease 36 months, 10,500 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. FMCC financing may be required. 0% financing subject to credit approval (72 payments of \$13.88 for ever \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. \* See dealer for complete details. Expires 12-31-2019.

Low lease: 36 months, 10,000 miles per year. 1st payment, \$650 acquisition fee, \$626 dealer fee & Kona- \$5,500, Tucson- \$3,999, Santa Fe- \$5,500 cash or trade equity due at signing. REAL \$0 Down Sign & Drive 36 months 10,000 miles per year with \$0 due at delivery, \$0 security deposit with approved credit. No sales tax for NH residents. All manufacturers rebates to dealer. Manufacturers programs are subject to change without notice. 0% financing subject to credit approval (72 payments of \$13.88 for ever \$1,000 borrowed). Special financing may affect sale price. Ad vehicles reflect Irwin's \$1,000 Savings Voucher. See dealer for complete details. HMF financing required. Expires 12-31-2019.



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For 24 Mos

SALE PRICE  
**\$39,192**

KLC108. MSRP (\$41,990 24 mo. lease, 7,500 miles/yr. Lease with \$4,571 due at signing (\$2,928 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing, \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 3LN6L5D93KR631265. Expires 12/31/2019.



LINCOLN  
2019 LINCOLN  
MKC AWD

Lease For Only

**\$320**

Per Month  
For 24 Mos

SALE PRICE  
**\$34,230**

KLT300. MSRP (\$38,025) 24 mo. lease, 7,500 miles/yr. Lease with \$4,122 due at signing (\$2,531 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing, \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 5LMCJ1D94KUL07295. Expires 12/31/2019.



LINCOLN  
2019 LINCOLN  
NAUTILUS AWD

Lease For Only

**\$463**

Per Month  
For 24 Mos

SALE PRICE  
**\$51,063**

KLT335. MSRP (\$55,675) 24 mo. lease, 7,500 miles/yr. Lease with \$6,030 due at signing (\$4,296 Cash or Trade Equity plus dealer fee, 1st payment & \$645 acquisition fee due at signing). Zero down lease for 36 months, 7,500 miles per year with \$0 due at signing, \$0 Security Deposit on approved credit. No sales tax for NH residents. Ad vehicle reflect all discounts, manufacturers rebates and promotions including the \$1,000 Irwin Bonus Voucher. Please contact the dealer for complete details. VIN# 2LMPJ8L92KBL52843. Expires 12/31/2019.

# this week

## Tuesday, Dec. 10

■ **Art Journaling:** 6 p.m. The Place Studio & Gallery, 40 Thorndike St.

■ **Chronic Pain Support Group:** 1 p.m. - 2:30 p.m. Second Tuesday of every month. Share experiences, resource information. There will also be speakers. This is confidential and non-denominational. Free. No registration needed. Accessible. Unitarian Universalist Church, 274 Pleasant St. 540-3119. us-painfoundation.org.

■ **Game Night:** 6:30 p.m. - 8 p.m. Game Night - Join us - good family fun, food. Bring yourself & favorite game. Free. West Congregational Church, 499 N. State St. 224-4142.

■ **Grown-up Coloring:** 6 p.m. - 7:45 p.m. Concord Public Library, 45 Green St.

■ **Holiday Business After Hours with the Chamber & CYPN:** 5:30 p.m. - 7 p.m. \$0 - \$25. Courtyard by Marriot Grape Conference Center, 70 Constitution Avenue. 224-2508.

■ **Little Rattlers:** 9:30 a.m. - 10:15 a.m. Little Rattlers try out instruments, shake shakers, and learn new songs. We do a mix of kids classics, original tunes, and pop favorites. \$10/child, \$5/child for open play afterwards. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

gmail.com.

■ **Lunch And Learn Seminar: How To Protect You And Your Family From Identity Theft:** 11:30 a.m. - 1 p.m. \$30. Lunch & Seminar. Best Western Inn & Suites, 97 Hall St. 844-702-5055. hollysanders383@gmail.com.

■ **Member's Holiday Party:** 4 p.m. - 6:30 p.m. McAuliffe-Shepard Discovery Center, 2 Institute Dr.

■ **Noony Tunes Folk Jam:** 12 p.m. Concord Community Music School, 23 Wall St.

■ **Tech Tuesdays (at the Heights Branch):** 10 a.m. - 4 p.m. Heights Branch Library, 14 Canterbury Road.

■ **Then and Now, How Far We've Come' and 'Journey - An Encaustic Exhibition:** 10 a.m. - 4 p.m. Free. League of NH Craftsmen, 49 South Main St. 224-3375. info@nhcrafts.org.

■ **Toastmasters and Fish & Game Open House:** 5:30 p.m. - 7:30 p.m. Concord & Karner Blue Toastmasters welcomes all to learn more about NH Fish & Game and the Toastmasters public speaking, and leadership program. Free. Fish & Game, 11 Hazen Drive. sarah.matthews.chaffee@gmail.com.

■ **Water and Woods Art Exhibit:** 10 a.m. - 5 p.m. Stop by the McLane Center to see "Water and Woods," an art exhibit by fine artist, Kathleen H. Peters. The exhibit runs through Jan.8 Free. N,H,

Audubon McLane Center, 84 Silk Farm Road. 224-9909, ext. 318. nha@nhaudubon.org.

## Wednesday, Dec. 11

■ **Bone Builders:** 9:30 a.m. - 10:30 a.m. Bone Builders is a free senior exercise program to combat osteoporosis and meets every Monday and Wednesday. Free. Horseshoe Pond Place Senior Resource Center, 26 Commercial St. 228-0139. rsvp@friendsprogram.org.

■ **Conservation Commission:** 7 p.m. - 10 p.m. Concord.

■ **Discovering Magic with Andrew Pinard:** 7:30 p.m. - 9:30 p.m. \$12 - \$18. \$18, \$15 members, seniors, students, \$12 senior member. Hatbox Theatre, 270 Loudon Road. 7152315. kevin@hatboxnh.com.

■ **Family Storytime:** 9:30 a.m. - 10:30 a.m. Concord Public Library, 45 Green St.

■ **Fudge and Beer Pairing Event:** 5 p.m. - 7 p.m. Local Baskit's beer pairing event is perfect for the holidays: Fudge and Beer! Sample and vote to crown the best beer and chocolate fudge pairing! Free event or VIP tickets \$8. Local Baskit, 10 Ferry St. 219-0882. beth@localbaskit.com.

■ **Kids Art After School:** 4:30 p.m. - 5:30 p.m. Join us every other Wednesday for our art class designed specifically for

kids! Art mediums vary week to week. \$15 - \$20. \$20 first child; \$15 each sibling. The Place Studio & Gallery Community Arts Center, 40 Thorndike St. 369-4906. christa@theplacestudioandgallery.com.

■ **Paws For Pages:** 3:30 p.m. - 5 p.m. Concord Public Library, 45 Green St.

■ **The Power of Protein:** 11 a.m. - 12:15 p.m. Protein is a major nutrient for the body. The right amount of protein depends on many factors. What is the right amount and type for you? \$10. GoodLife Programs & Activities, 254 N. State St. Unit L. 2286630. info@goodlifenh.org.

■ **Wee Wonders 12/11/19: Feathered Friends:** 10 a.m. - 11:30 a.m. NH Audubon McLane Center, 84 Silk Farm Road.

## Thursday, Dec. 12

■ **Overeaters Anonymous:** 5:30 p.m. - 6:30 p.m. The only requirement for membership is a desire to stop eating compulsively. Free. Bow United Methodist Church, 505 South St., Bow. (505) 891-2664. coordinator@oaregion6.org.

■ **BAYADA Holiday Open House:** 4:30 p.m. - 6:30 p.m. Free. Bayada Hospice, 194 Pleasant St. 724-6689. agray2@bayada.com.

■ **BAYADA Hospice Holiday**

**Open House:** 4:30 p.m. - 6:30 p.m. Free. Bayada Hospice, 194 Pleasant St. 724-6689. agray2@bayada.com.

■ **Bloodborne Pathogens Training:** 1 p.m. - 2 p.m. \$29. The Lawson Group, 20 Chenell Drive.

■ **The Buzz Christmas Ball 2019:** 7 p.m. - 9 p.m. \$35 - \$45. Capitol Center for the Arts, 44 S. Main St. 2251111. lgregory@ccanh.com.

■ **Dickens' A Christmas Carol:** 7:30 p.m. - 9:30 p.m. \$12 - \$18. \$18, \$15 members, seniors, students, \$12 senior members. Hatbox Theatre, 270 Loudon Road. 7152315. kevin@hatboxnh.com.

■ **First Aid, CPR & AED Training:** 8 a.m. - 1 p.m. \$69. The Lawson Group, 20 Chenell Drive.

■ **Get It Together:** 3 p.m. - 5 p.m. Free. NHFCU Center for Finance and Education, 47 N. Main St.

■ **Get It Together - Organize Your Records So Your Family Won't Have To:** 5:15 p.m. - 7:15 p.m. Free. NHFCU, 47 N. Main St. 224-7731. marketing@nhfcu.org.

■ **Lego Club!** 4 p.m. - 5 p.m. Concord Public Library, 45 Green St.

■ **Monthly Forum: A Connected Crisis - Addressing the Issues of Homelessness, Mental Health, Substance Misuse and Public Safety:** 11:30 a.m. - 1:15 p.m. \$25 - \$35. Holiday Inn, 172 N. Main St. 224-2508. events@concordnhchamber.com.

■ **Ornament Painting with Alcohol Inks (with The Place):** 6 p.m. - 7:45 p.m. Concord Public Library, 45 Green St.

■ **Senior Health Clinic:** 10 a.m. - 1 p.m. Services include foot care, blood pressure screening and more. Please call for an appointment. Suggested donation of \$10. St. Paul's Episcopal Church Outreach Center, 21 Centre St. 224-4093, ext. 5815.

■ **Sophisticated Suspense: Witness for the Prosecution:** 6 p.m. - 8:30 p.m. Red River Theatres, 11 S. Main St.

■ **Yoga:** 7 p.m. - 8 p.m. Come join us and pay what you can. Donations go to charity. Classes include yoga postures, breath awareness, and relaxation. Everyone is welcome. Free. Donations go to charity. Sharing Yoga, 64 N. Main St. 520-8987. david@sharyngyoga.com.

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## Friday, Dec. 13

■ **Jersey Boys at the Chubb Theatre:** 8 p.m. - 10 p.m. \$45 - \$110. Capitol Center for the Arts, 44 S. Main St. 225-1111. lgregory@ccanh.com.

■ **Little Rattlers:** 10 a.m. - 10:45 a.m. \$10. \$10/child, \$5/child for open play afterwards. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

■ **The Nutcracker, Act II:** 7:30 p.m. - 8:30 p.m. The St. Paul's School Ballet Company presents The Nutcracker, Act II. This performance is free of charge and open to the public. Free. St. Paul's School Memorial Hall, 325 Pleasant St. 229-5626.

## Saturday, Dec. 14

■ **Guided Gallery Tour:** 2 p.m. price of. New Hampshire Historical Society, 30 Park St. jwalton@nhhistory.org.

■ **Bishop Brady Annual Craft Fair:** 9 a.m. - 2 p.m. Bishop Brady High School, 25 Columbus Ave.

■ **Boys and Girls Clubs of Central NH 46th Annual TV Auction:** 11 a.m. - 9 p.m. Free. Concord TV channels 6, 17 and 22 or stream it from www.bid4kids.org, 55 Bradley St. 496-2799. tfrost@centralnhclubs.org.

■ **Holiday Craft Fair:** 10 a.m. - 3 p.m. A special holiday shopping experience. Handmade crafts by local artisans plus a raffle, kid's activities, refreshments and live birds. Free. N.H. Audubon McLane Center, 84 Silk Farm Road. 224-9909, ext. 318. nha@nhaudubon.org.

■ **Laurie Berkner Band Holiday Concert:** 11 a.m. - 12:30 p.m. Laurie Berkner and her band celebrate the season with such traditional, secular songs as "Jingle Bells" and "Frosty the Snowman," plus originals from Laurie's well-loved album. Capitol Center for the Arts, 44 S. Main St.

■ **Lewis Black:** 8 p.m. - 10 p.m. \$25 - \$75. Capitol Center for the Arts, 44 S. Main St. 2251111. lgregory@ccanh.com.

■ **New England Irish Harp Orchestra:** 1:30 p.m. - 3 p.m. Concord Public Library, 45 Green St.

■ **O Christmas Tree: Kids Holiday Food Craft Fun:** 10 a.m. - 11 a.m. \$5 per child; adults free. Local Baskit, 10 Ferry St. 219-0882. beth@localbaskit.com.

■ **Tales of New Hampshire Holiday Family Storytime:** 10 a.m. - 11 a.m. Bring the family to a free holiday program. Storytellers will share classic tales about holiday celebrations in the Granite State. Free. New Hampshire Historical Society, 30 Park St. 228-6688. cmoore@nhhistory.org.

■ **Wreaths Across America:** 10 a.m. - 11 a.m. Free. Old North Cemetery, 137 North State St. piercebrigade@gmail.com.

■ **7th Annual Beech Hill School Gingerbread House Benefit:** 10 a.m. - 12 p.m. The gingerbread is baked fresh by Crust & Crumb. The houses will be assembled by students and there will be tons of homemade icing and candy to decorate. \$30 per Gingerbread House. The Beech Hill School, 20 Beech Hill Road, Hopkinton. 715-5129. office@thebeechhillschool.org.

## Sunday, Dec. 15

■ **ACLU Rights For All Concord Canvass:** True Brew Barista and Café, 3 Bicentennial Sq.

■ **Advent Fun at Wesley United Methodist Church:** 11:30 a.m. - 1:30 p.m. Join us each Sunday at Wesley UMC for worship at 10:30 and fun at 11:30: 12/1 Christmas Tree Sale; 12/8 Crafts; 12/15 Wrapping Party; 12/22 Caroling. Free. Wesley United Methodist Church, 79 Clinton St NH, 79 Clinton St. 224-7413. concord-wumc@gmail.com.

■ **Annual Littleton Christmas Bird Count:** NH Audubon McLane Center, 84 Silk Farm Road.

■ **Christmas Bird Count:** NH Audubon McLane Center, 84 Silk Farm Road.

■ **Elf:** 1 p.m. - 3:30 p.m. Red River Theatres, 11 S Main St.

■ **Film: Wrestling Jerusalem:** 1 p.m. - 3:30 p.m. Writer-actor Aaron Davidman conjurs a host of different characters while seeking answers to the Israeli-Palestinian conflict. Free. General. Concord UU Church, 274 Pleasant St. 228-0559. will@nh-peaceaction.org.

■ **Holiday Arts Market:** 9 a.m. - 3 p.m. Join us for the best holiday shopping in town! Find unique handmade gifts for everyone on your list while supporting your favorite local artists! Free. Eagle Square Atrium, 7 Eagle Square. 738-5931. christa@concordarts-market.net.

■ **Jingle Bell Run:** 8 a.m. - 12 p.m. Get your jingle on! The Arthritis Foundation's Jingle Bell Run is the original festive race for charity. Rundlett Middle School, 144 South St. 460-4213. rsnow@arthritis.org.

■ **Open Mic:** 9 p.m. Penuche's Ale House, 16 Bicentennial Square. 228-9833.

## Monday, Dec. 16

■ **Gentle Yoga:** 12 p.m. - 1 p.m. Mindful stretching, strengthening and relaxing opportunities with chair support for full body engagement in building strength, flexibility & balance. \$59 Bow residents, \$64 nonresidents. Bow Center, 3 Bow Center Road, Bow. 223-3920. aguertin@bownh.gov.

■ **Yoga Fitness:** 5:45 p.m. - 6:45 p.m. Come STRETCH with us! We'll explore beginning to more experienced asanas, including Yin, focusing on fascia,

& Qi Gong for boosting immunity. \$89 Bow residents, \$94 nonresidents. Bow Parks & Recreation, 3 Bow Center Road, Bow. 223-3920. aguertin@bownh.gov.

■ **Yoga Fitness:** 5:45 p.m. - 6:45 p.m. Come stretch with us! We'll explore beginning to more experienced asanas, including Yin, focusing on fascia, & Qi Gong for boosting immunity. \$47 Bow residents, \$52 nonresidents. Bow Parks & Recreation, 3 Bow Center Road, Bow Center. 223-3920. aguertin@bownh.gov.

■ **FEP/ESMI Planning Project Team:** 1:30 p.m. - 2:30 p.m. Concord.

■ **Lapsit:** 9:30 a.m. - 10:30 a.m. Concord.

■ **Mitch Albom - Finding Chika - Author Event:** 7 p.m. - 9 p.m. \$34: 1 admission/1 book; \$43: 2 admissions, 1 book. Capitol Center for the Arts, 44 S. Main St. 225-1111. lgregory@ccanh.com.

■ **Overeaters Anonymous:** 5:30 p.m. - 6:30 p.m. The only requirement for membership is a desire to stop eating compulsively. Free. Wesley United Methodist Church, 79 Clinton St. (505) 891-2664. coordinator@oaregion6.org.

■ **Senior Health Clinic:** 9 a.m. - 3 p.m. Services include foot care, blood pressure screening and more. Please call for an appointment. Suggested donation for services is \$10. Crestwood Jensen Communities, 14 Crestwood Drive. 224-4093, ext. 5815.

■ **Yoga for Kids:** 11 a.m. - 11:45

a.m. This class incorporates strength, flexibility, and coordination in a fun and relaxing atmosphere. Kids engage in games and find time for stillness. \$10. Free for members of Rattlebox Studio. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

■ **Yoga for Kids:** 11 a.m. - 11:45 a.m. This class incorporates strength, flexibility, and coordination in a fun and relaxing atmosphere. Kids engage in games and find time for stillness. \$10. Free for members of Rattlebox Studio. Concord Community Arts Center, 40 Thorndike St., Unit 2C. (770) 298-6482. rattleboxstudio@gmail.com.

## Tuesday, Dec. 17

■ **Bring Your Own Craft:** 1:30 p.m. - 3:30 p.m. Bring your current craft project and supplies and work on your creation while sharing ideas with fellow crafters! Free. Heights Branch Library, 14 Canterbury Road. 230-4932. jsalemy@concordnh.gov.

■ **BYOC: Bring your own craft! (at the Heights Branch):** 1:30 p.m. - 3:30 p.m. Heights Branch Library, 14 Canterbury Road.

■ **Senior Health Clinic:** 9 a.m. - 1 p.m. Services include foot care, blood pressure screening and more. Please call for an appointment. Suggested donation for services is \$10. City Wide Community Center, 14 Canterbury Road. 224-4093, ext. 5815.



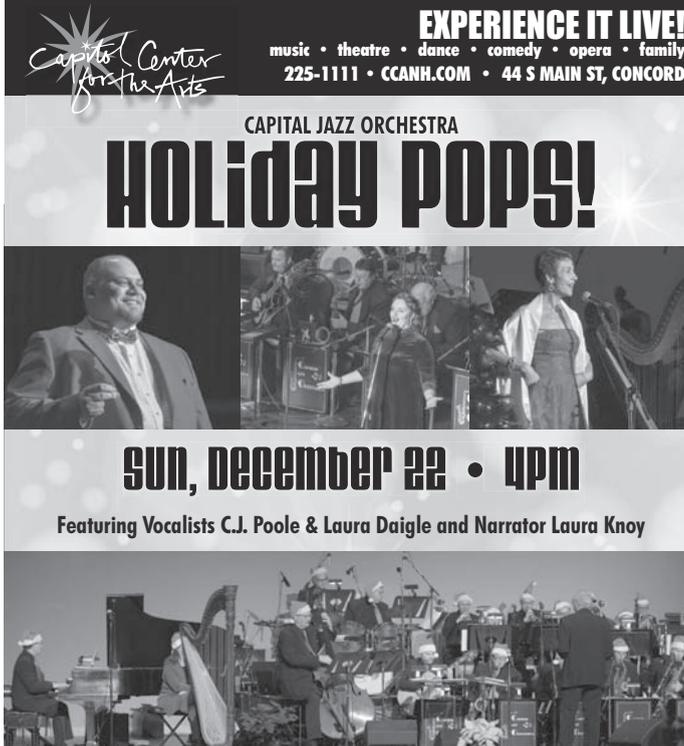
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## Help Wanted

### Administrative Assistant

Professional engineering firm seeking FT 40/hr wk energetic, reliable, organized individual w/a min. of 2 yrs administrative exp. to be part of our growing team in our Concord Office. Exc. communication skills are essential. Duties incl. receptionist, correspondence & proposal preparation, engineering support, & other general office duties. Exp. & proficiency w/Microsoft Office reqd. Excellent benefit package. Valid driver's license reqd. Ability to occasionally lift up to 50 lbs. Send cover letter & resume in confidence to: Colleen Morrow, Business Mgr. UNDERWOOD ENGINEERS, INC. 25 Vaughan Mall Portsmouth, NH 03801 hr@underwoodengineers.com An equal opportunity employer

Until there's a cure,  
there's the American  
Diabetes Association.

## Help Wanted

### Lakes Region Community Services

is currently accepting applications for a full time Home Assist Program Coordinator. Duties include but are not limited to: managing staff, scheduling, meeting with individuals in their homes on an ongoing basis, & complying with Agency & State regulations. The ability to be flexible, self-manage, excellent communication (both written & oral), time management, & organizational skills are required. Qualified applicants will possess typing & computer skills, a valid driver's license, reliable vehicle, & automobile insurance. A Bachelor's degree in a related field is preferred. Applicants may send resume & cover letter to **Jessica Littizzio, Human Resources Coordinator & Recruiter, LRCS, P.O. Box 509, Laconia, NH 03247, E-mail: jessica.littizzio@lrco.org**

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## Help Wanted

### POLICE OFFICER

The Loudon Police Department is accepting resumes for a FULL-TIME OFFICER. Applicant must be able to pass written, physical, psychological and polygraph exams as well as a background investigation. Min. requirement: high school diploma or GED. CERTIFIED OFFICERS PREFERRED. Send resume to: Town of Loudon Selectmen's Office, 55 S. Village Road, STE 1, Loudon, NH 03307. Deadline is Friday, December 20, 2019.

## Auctions/Estate Sales

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## FOOD SERVICE SUBSTITUTES

Shaker Regional School District's Food Service Department has an immediate opening for Food Service Substitutes.

Duties include, but are not limited to, prep work, serving, cleaning, washing dishes and pots/pans, and other tasks directed by the Kitchen Manager. Ability to lift up to 40 pounds. Prior experience in the food service industry is preferred, but not necessary. The successful candidate must be able to work in a fast paced, ever changing environment and perform as a team player.

Applications may be found on the Shaker Regional School District website or can be picked up at the **SAU Office at 58 School Street; Belmont, NH 03220**

Please contact Nancy Cate, Director of Food Service at 603-267-6525 ext. 1352 **if you have any questions.**

 Dartmouth-Hitchcock

## Supervisor Payroll Corporate Finance



The Payroll Supervisor provides oversight and review of the entire payroll process and maintains both payroll and timekeeping software for all Dartmouth-Hitchcock organizations. Responsible for supervision of assigned staff. Maintains documentation of the timekeeping and payroll processes ensuring that these business needs are completed accurately and within necessary deadlines. Prepares tax returns for all Dartmouth-Hitchcock entities and remains current on all state and government regulations regarding payments to employees. Participates in Corporate Accounting projects, including system implementations, presentations, analysis, documentation, reporting and problem solving.

### Other Key Responsibilities:

- Acts as the master timekeeper for all Dartmouth-Hitchcock entities, serving the needs of employees and supervisors at all administrative levels of all organizations.
- Acts as a liaison between HR - Operating Departments and Finance associated with the use of Payroll and Timekeeping business needs.
- Prepares and provides training materials and provides training to all payroll users of the HCM (Human Capital Management) and timekeeping software systems.
- Maintains proper record retention documentation following approved guidelines.

### Minimum qualifications:

- A Bachelor's degree in Accounting or Business Administration with a minimum of 4 years of relevant payroll experience or the equivalent in education and experience is required.
- A complete working knowledge of Payroll and Time and Attendance Software Systems including up to date information regarding regulatory guidelines is essential.
- Previous payroll supervisory experience preferred.

To apply, please visit **careers.dartmouth-hitchcock.org**

Dartmouth-Hitchcock is an Equal Opportunity Employer.

NE-308678



**Merrimack Valley School District**  
**105 Community Drive • Penacook, NH 03303**  
**603.753.6561**  
**www.mvsdpride.org**

## SAU #46 Business Administrator

School Administrative Unit #46 invites qualified, experienced, and innovative candidates with strong technical, interpersonal, and communication skills to apply for the position of Business Administrator. SAU #46 provides services to Merrimack Valley and Andover School Districts serving 2,600 students at 9 schools. The position requires an individual willing to work hard, have fun, join a great team, and help SAU #46 in their continued growth towards excellence. SAU #46 offers a positive working environment, competitive salaries, and excellent benefits.

The Business Administrator is responsible for providing leadership and administering all business affairs of the SAU. Serious applicants should have proven expertise in the areas of budget development, fiscal management, personnel management, and contract negotiations. The ideal candidate has excellent skills in spreadsheets, understands and can work with complex data sets, experience in various types of document creation (a wide array of applications), superior communication skills (person-to-person and electronic), the ability to meet deadlines, and a flexible and open mind.

The Business Administrator must hold at minimum a Bachelor's Degree in Business Administration, Municipal Finance, or a related field. An ideal candidate has a minimum of three years of successful experience in financial management in an educational or municipal setting. Applicants must have a valid NH state certification or be certifiable as a School Business Administrator. Please visit the Human Resources page at <http://mvsdpride.org> for detailed information and application instructions on this very important position. SAU #46 is an EOE.

NE-309505

# DOCK PERSON

## 10:00 PM - 5:00 AM

The Concord Monitor has an opening for a Dock Person, the ideal candidate will work independently and as part of a team, be organized, energetic and detailed-oriented. The position is largely responsible for the sorting of publications and distribution of newspapers off of trucks to our independent carrier force. Knowledge of MS Excel and Word is preferred. Must have the ability to bend and lift up to 40lbs.

Interested applicants should e-mail their resume (with salary requirements) to:

**[cdubuque@cmonitor.com](mailto:cdubuque@cmonitor.com) with "Dock Person" in subject line.**

NE-308445



(serving the districts of Henniker, John Stark, Stoddard and Weare)

**Business Administrator**  
**Start Date: July 1, 2020**

SAU 24 seeks a detail-oriented, community-focused Business Administrator. We are a multi-district SAU comprised of five schools, serving 2,100 students within the three towns of Henniker, Stoddard, and Weare, NH. The Business Administrator provides leadership in the areas of financial planning, capital planning, accounting, transportation, food service and the development of five budgets totaling just over \$40 million.

The successful candidate will demonstrate

- A collaborative approach and the ability to work successfully with school boards and the community;
- Knowledge of current principles and methods of district business and management;
- Knowledge of budgeting, accounting, payroll, and purchasing;
- Knowledge of applicable business, state, and local laws, procedures and policies; and
- Strong communication skills.

A New Hampshire Department of Education Business Administrator credential or eligibility for credentialing is necessary. Five years' experience in financial management and government accounting required. Direct experience in schools and with the SB2 budget process preferred.

Please send letter of interest, employment application\*, resume, copy of certification/license, complete transcripts and three current letters of reference to:

School Administrative Unit 24  
 Dr. Jacqueline Coe  
 Assistant Superintendent of Schools  
 258 Western Avenue  
 Henniker, NH 03242  
[jacqueline.coe@sau24.org](mailto:jacqueline.coe@sau24.org)

**Application deadline: December 16, 2019 or until filled**

\* available online at: <http://www.sau24.org/index.php/employment-application>

EOE



## CIRCULATION DISTRICT MANAGER

**The Concord Monitor has an opening for a full-time District Manager. Duties include, but not limited to: Recruiting, training, and managing Independent Contractors; mapping and designing motor and foot routes, delivering down routes as needed, coordinating receiving and distribution of all papers.**

Requirements: High School diploma or equivalent. 3-4 years work experience, preferably in service or related field. Access to a reliable and insured motor vehicle, valid driver's license and good driving record. Ability to lift 50 lbs and perform a variety of physical tasks.

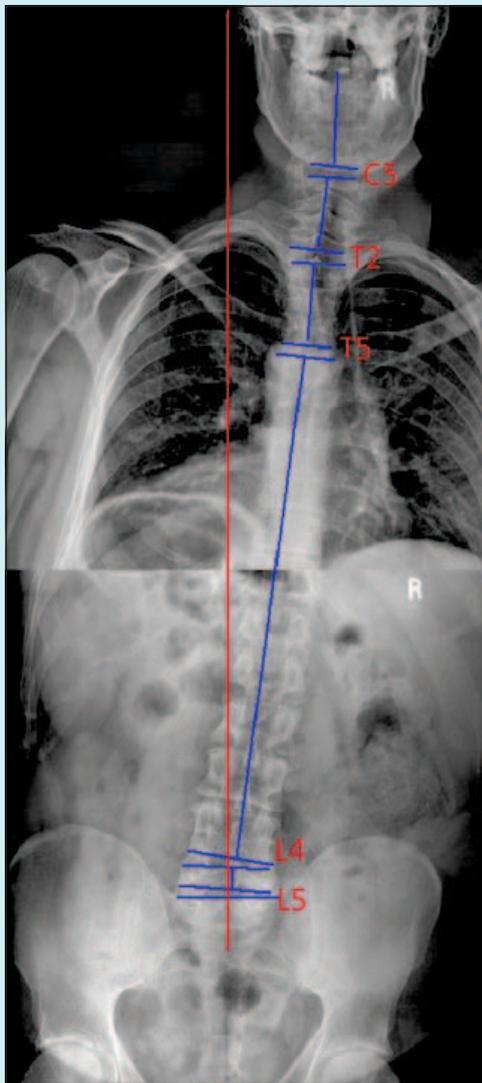
**This is a full-time salaried position. Hours are generally midnight to 8AM, rotating days. Weekends are required.**

Please send a resume to: [cdubuque@cmonitor.com](mailto:cdubuque@cmonitor.com)  
 "District Manager" in subject line

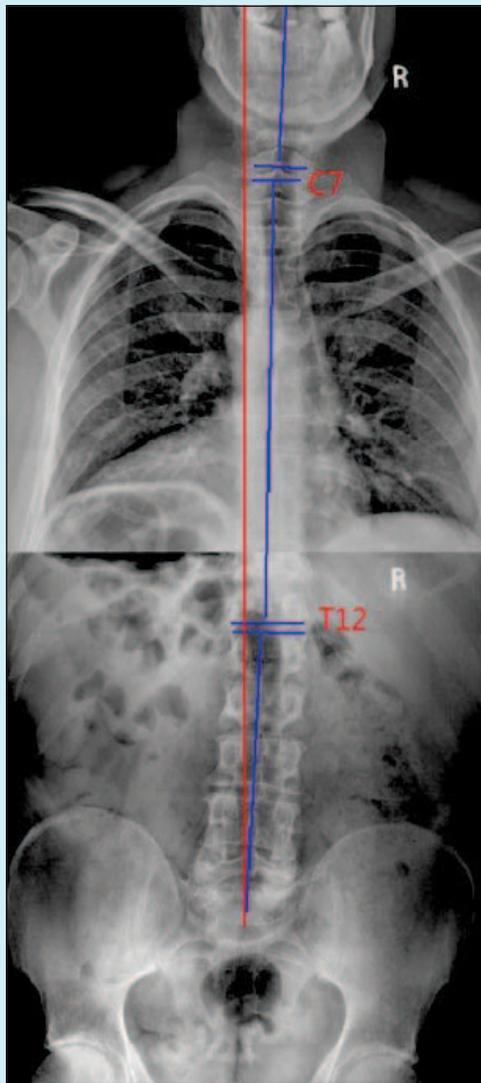
NE-308438

NE-30857

# ANOTHER CROSSROADS SUCCESS STORY



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Member of the  
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“Low back pain brought me to Crossroads Chiropractic six months ago. Since starting care, I haven’t had any back pain (except for the time I injured myself). My posture is better and I’m not listing as much. One day I had a shoulder issue and just one adjustment helped it. I think people should know more about the health benefits of chiropractic. The staff here is excellent, very helpful and nice to deal with.”  
—Geoff B.

*6 months under care at  
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- Scoliosis
- Numbness in Arms/ Hands
- Headaches
- Colic
- ADD/ADHD
- Asthma
- Migraine Headaches
- Neck Pain
- Digestive Problems
- Anxiety/ Depression
- Allergies
- Torticollis
- Low Back Pain

\*Results may vary

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**679-3222**  
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